WE CLAIM:

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- 1. A dispensing apparatus including:
 - a barrel:
 - a plunger moveable between a first position and a second position within said barrel, a head of said plunger and an inner wall of said barrel together defining a chamber of variable volume wherein said volume is at a maximum when said plunger is in said first position and said volume is at a minimum when said plunger is in said second position;
 - at least one fluid inlet valve means operable to allow fluid to flow into said chamber when said volume increases;
 - at least one fluid outlet valve means operable to allow fluid to flow out of said chamber when said volume decreases;
 - biasing means to bias said plunger towards said first position;
 - plunger actuating means operable to actuate said plunger towards said second position; and
 - plunger damping means to decelerate said plunger when said plunger is moving towards said first position before said plunger reaches said first position.
- 2. The dispensing apparatus of Claim 1 wherein said plunger damping means includes a resilient element provided between said plunger and a body of said dispensing apparatus.
- The dispensing apparatus of Claim 2, wherein said plunger damping means includes a resilient element provided between said head of said plunger and said body of said dispensing apparatus.
 - The dispensing apparatus of Claim 3 wherein said resilient element includes a substantially U shaped spring member.
 - 5. The dispensing apparatus of Claim 1, wherein said damping means includes a spring member.
- The dispensing apparatus of Claim 1 wherein said damping means is connectable to said plunger head.

- 7. The dispensing apparatus of Claim 1 wherein at least one of said first position and said second position is adjustable.
- 5 8. An animal health applicator including:
 - a barrel;
 - a plunger moveable between a first position and a second position within said barrel, a head of said plunger and an inner wall of said barrel together defining a chamber of variable volume wherein said volume is at a maximum when said plunger is in said first position and said volume is at a minimum when said plunger is in said second position;
 - at least one fluid inlet valve means operable to allow fluid to flow into said chamber when said volume increases;
 - at least one fluid outlet valve means operable to allow fluid to flow out of said chamber when said volume decreases;
 - biasing means to bias said plunger towards said first position;
 - plunger actuating means operable to actuate said plunger towards said second position; and
 - plunger damping means to decelerate said plunger when said plunger is moving towards said first position before said plunger reaches said first position.
 - 9. An animal health applicator including:
 - a barrel:
 - a plunger moveable between a first position and a second position within said barrel, a head of said plunger and an inner wall of said barrel together defining a chamber of variable volume wherein said volume is at a maximum when said plunger is in said first position and said volume is at a minimum when said plunger is in said second position;
 - at least one fluid inlet valve means operable to allow fluid to flow into said chamber when said volume increases;
 - at least one fluid outlet valve means operable to allow fluid to flow out of said chamber when said volume decreases;
 - biasing means to bias said plunger towards said first position;
 - plunger actuating means operable to actuate said plunger towards said second position; and

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 a substantially U shape spring member connected to said head of said plunger to decelerate said plunger when said plunger is moving towards said first position before said plunger reaches said first position.